

# Kenya (Central Region)

## 2003 Fact Sheet



The **2003 Kenya (Central Region) GSHS** measured dietary behaviors; hygiene; unintentional injuries and violence; mental health; tobacco use; alcohol and other drug use; sexual behaviors; physical activity; and protective factors.

The 2003 Kenya (Central Region) GSHS was a school-based survey of students aged 13-15 years. A two-stage cluster sample design was used to produce representative data for 13-15 year old students in Kenya (Central Region). At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 100%, the student response rate was 93%, and the overall response rate was 93%. A total of 1,629 students participated in the Kenya (Central Region) GSHS.

Results for students aged 13-15 years	Total	Boys	Girls
<b>Dietary Behaviors</b>			
Percentage of students who are overweight	*	*	*
Percentage of students who are at risk for becoming overweight	*	*	*
Percentage of students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	13.5 ± 4.2	11.3 ± 4.6	14.9 ± 4.2
<b>Hygiene</b>			
Percentage of students who never or rarely washed their hands before eating during the past 30 days	8.6 ± 3.1	9.8 ± 4.3	7.8 ± 3.1
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	10.0 ± 2.9	13.3 ± 5.4	7.7 ± 2.6
<b>Unintentional Injuries and Violence</b>			
Percentage of students who were in a physical fight one or more times during the past 12 months	47.1 ± 5.5	53.6 ± 3.9	42.4 ± 7.9
Percentage of students who were seriously injured one or more times during the past 12 months	66.6 ± 8.2	71.4 ± 8.9	63.2 ± 10.9
Percentage of students who were bullied on one or more days during the past 30 days	52.0 ± 3.3	52.9 ± 5.8	51.2 ± 5.8
<b>Mental Health</b>			
Percentage of students who felt lonely most of the time or always during the past 12 months	16.7 ± 3.7	15.1 ± 3.8	17.8 ± 4.4
Percentage of students who seriously considered attempting suicide during the past 12 months	27.4 ± 4.3	28.5 ± 5.2	26.8 ± 4.7
Percentage of students who have no close friends	15.7 ± 5.8	10.7 ± 5.0	19.2 ± 6.1
<b>Tobacco Use</b>			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	16.3 ± 4.5	25.6 ± 7.9	9.9 ± 3.6
Percentage of students who used any other form of tobacco, such as snuff or chewed tobacco on one or more of the past 30 days	14.6 ± 3.6	19.7 ± 5.9	10.8 ± 3.8
Percentage of students who reported people smoking in their presence on one or more of the past seven days	49.3 ± 5.4	56.0 ± 5.7	44.5 ± 9.1



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Results for students aged 13-15 years	Total	Boys	Girls
<b>Alcohol and Other Drug Use</b>			
Percentage of students who drank alcohol on one or more of the past 30 days	17.7 ± 3.3	24.3 ± 6.8	13.1 ± 2.1
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	23.2 ± 4.7	31.1 ± 8.8	17.7 ± 3.3
Percentage of students who had a hang-over, felt sick, got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol one or more times during their life	27.3 ± 2.6	29.8 ± 5.9	25.5 ± 5.0
Percentage of students who used drugs, such as marijuana, bhang, mushrooms, speed, or cloud 9 one or more times during their life	15.2 ± 4.6	17.9 ± 7.0	13.2 ± 5.3
<b>Sexual Behaviors</b>			
Percentage of students who have ever had sexual intercourse	37.3 ± 5.0	53.5 ± 6.6	27.1 ± 8.8
Of students who had sexual intercourse during the past 12 months, the percentage who used a condom the last time they had sexual intercourse	36.9 ± 8.7	*	*
<b>Physical Activity</b>			
Percentage of students who were physically active seven days for a total of at least 60 minutes per day during the past seven days	11.1 ± 1.6	14.9 ± 3.2	8.8 ± 1.9
Percentage of students who spent three or more hours per day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as attending meetings, barazas, or prayers during a typical or usual day	40.9 ± 3.9	48.0 ± 7.9	36.4 ± 3.5
<b>Protective Factors</b>			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	34.0 ± 6.1	40.8 ± 7.6	29.4 ± 8.2
Percentage of students who reported that most of the students in their school were kind and helpful most of the time or always during the past 30 days	41.7 ± 5.4	39.1 ± 5.1	43.8 ± 6.4
Percentage of students whose parents or guardians knew what they were doing with their free time most of the time or always during the past 30 days	41.2 ± 3.8	36.1 ± 6.3	44.2 ± 3.8

\* indicates less than 100 students.

**For Additional Information, please contact:**

Anne Bett,  
Ministry of Health, Nairobi, Kenya, ankibeti@yahoo.com